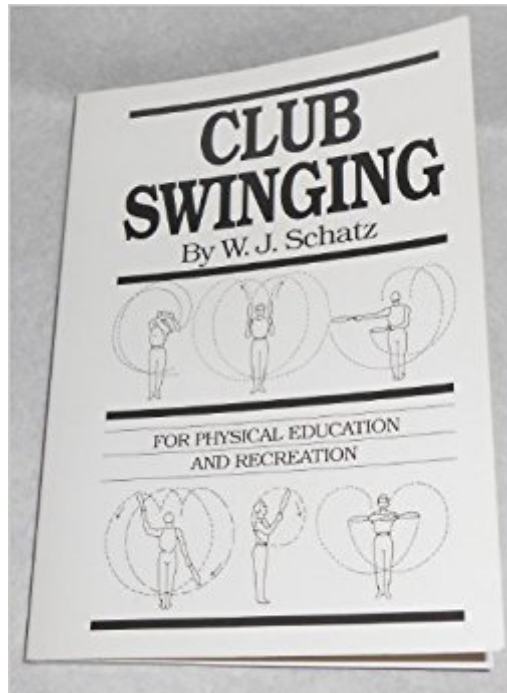




The book was found

Club Swinging For Physical Exercise And Recreation



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Customer Reviews

If you are interested in club swinging, this is one of the books you want to own. Although not as good as Doctor Ed Thomas' or Anna Semlyn's videos, one can discover enough about swinging to improve shoulder strength and mobility.

At first I was afraid to go out to bars and clubs, but my friends bought this book for me. Now we go to clubs all the time, and boy do we get the babes! "I put the GRR in swinger, baby!"

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